



2018

Clubhouse Newsletter

May is Mental Health Month

For the last 66 years CMHA has celebrated Mental Health Week nationally. This year's message builds up on last year's GET LOUD-initiative. The #Get Loud about what mental health really is-campaign accentuates that mental health is not just the absence of mental illness, that mental health is something we all have. Just as we all have physical health, we all also have mental health. That's right, every one of us, every Canadian, every citizen of the earth, has mental health.

This awareness helps bring light to the issue and connotes that as we all have mental health, we should all be talking about it and helping to break the stigma that surrounds mental health. Our CMHA has two events scheduled to involve the community at large: On May 7 & May 9 we will be 'getting loud' at the Ross Street Plaza. Check out ads elsewhere in the newsletter for the activities that we've lined up for these two days. Hope you can join us!

Mental Health Week is a good time to reflect on personal mental wellness and health. How am I doing? Do I have balance in my life? How is my level of stress? Do I take time for self-care and my needs? Do I incorporate fun activities into my daily life? How do I feel about myself and other people? Am I socializing enough? Do I have people in my life that I can talk to and connect with? How is my self-esteem? What about my sleep – am I getting enough rest and sleeping well? What about my eating habits? Do I eat healthy and nutritious meals? What about my physical health? Do I need to boost up my physical activity level? These are just some personal questions to ask. Naturally, wellness means different things to different people, but all the many components add up to the whole and are important to our overall wellbeing.

If you are keen to read more about the #Get Loud-message, check the website: <https://mentalhealthweek.ca/>

#GetLoud

about what mental health really is.





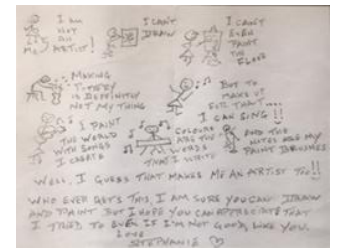
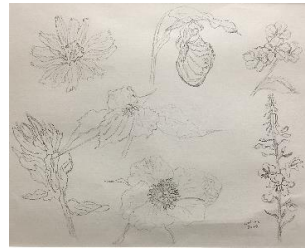
Calm Down Salty
A True Story by Laurie H

I was a house sitter and looked after people's pets and plants while staying in their home when they went on vacation. Years ago I used to look after an African Grey Parrot named Salty. During the first few years of his life he was in a house that was secluded and quiet. I looked after him many times and would make an effort to teach him something new every time I was there. One time I taught him to cluck like a hen on a nest. His owners were surprised when they got home to the sound of a chicken announcing it had laid an egg! Salty would entertain himself by teasing the dog as well. In the owner's voice, he would call the dog. Poor Barney would come bounding into the room looking excitedly around only to find out that his owner was nowhere to be found. Even I could not believe the owner was not at home when I heard Salty imitating the laughter of Joyce!

When the owners decided to retire, they downsized from the large house and bought a small trailer in a park. Salty's cage was near a window that faced the road going through the park. At first Salty was scared of this new situation and of the vehicles driving by slowly. His owners would talk to him to let him know he was safe and to calm him down. The first time I looked after Salty in this trailer I was down the hall in the bedroom unpacking my things when a car drove by. Then I heard the owner's voice coming from Salty saying, "It's okay Salty. It's alright. You're okay Salty." It sure made me laugh. It was pretty funny to hear a parrot calming himself down.

Dungeons and Dragons

Are you interested in learning how to play **Dungeons and Dragons**? Are you curious about what it is, but don't know where to start? No problem . . . Dungeons & Dragons to the rescue. A legendary fantasy role-playing board game where the players are characters and step into the boots of mighty heroes (and sneaky antiheroes) to create their own heroic fantasy story. All players will tell a story together as they guide their heroes through quests for treasures, battles with deadly foes, daring rescues, and much more. The game will be guided by a Dungeons and Dragons story telling expert so no worries about your story telling skills. Your character and each battle will tell its own story. If you are interested, or think you might be, talk to Stephen or Sanne for more information and the latest news on when the first battle will take place. Come and experience the worlds of heroic fantasy.



Art Corner

Art Group participants are getting excited to start their journey with the 'Global Art Project for Peace.' Eight participants from the art group signed up and finished their art pieces for the project (see above).

The artwork for this project was on display in April in Clubhouse, along with a photo of the artist and a personal message. The art pieces, photos and messages were then mailed off as an exchange to other participants involved globally. Look for more on this project in May when the exchanged pieces of artwork will be arriving at our door step!

On Mondays we will be starting drawing and sketching exercises to hone your skills or learn a new skill if you are just starting out. No art experience necessary, just come as you are and give it a try.

The music and open studio continues to be a bustling time on Thursdays with artists working on a variety of pieces and new musicians coming out and joining in. This last month we were happy to have had Robin join the mix with his guitar and harmonica playing.

CMHA Artists will be participating in the "Awakening the Spirit Art Show and Sale" June 1st – June 27th, 2018 in Vernon. See Nanika for more information.

Hudson Thrift Shoppe

The excitement is growing in the Thrift Shoppe as there are only 7 more days until the judging for the Downtown Salmon Arm “Best Dressed Window” contest begins! I would like to thank each and every single person that has contributed to this fantastic project. Your fabulous creativity and time are immensely appreciated! We couldn't have done it without you. I feel that this was a wonderful opportunity for the entire Clubhouse to collaborate and work together and I hope that we can try this again from time to time throughout the coming year.

As you may well imagine, we get some pretty interesting things coming into the thrift store donation bin and we are often left scratching our heads and with the burning question “What is that?” or “what is that for?” The thrift store crew would like to include all of you in some of these interesting discoveries with a monthly “WHAT AM I?” contest. Here is the very first one!

What Am I?



If you think you know what it is please write your answer and your name and contact info onto a piece of paper and put it into our “WHAT AM I” box in the Clubhouse. *We will enter all of the correct guesses into a draw for a small prize on the second Wednesday of each month.* I am looking forward to reading all of your submissions.

Sudoku (answer on calendar page)

9				8		3		
			2	5		7		
	2		3					4
	9	4						
			7	3		5	6	
7		5		6		4		
		7	8		3	9		
		1						3
3								2



When we hide, mental health stays hidden. When we ride or WALK, we create change.

On June 24th

It is more than the name of an event ... It is also the reason we are riding and walking this year.

For more information about riding talk to Robyn or walking chat with Nanika. All ages and abilities welcome to participate!



Fabric and Yarn

The Friday group is back to sewing, crocheting, knitting, etc. You are welcome to join us. For more information, talk to Lonnie.

Interest has been expressed in holding a weaving workshop and possibly forming a drop in weaving group. If you are interested, let Lonnie know.

BURGER + BIKE = BE WELL

All proceeds go to Ride Don't Hide Fundraiser





When: Wednesday May 9th 11:45am-1pm
Where: Ross Street Plaza
What: BBQ, music and have some fun with bikes





Participant Services Office Hours

Participant Services office hours:

Mondays – 10:00am – 12:00pm – Carol

Tuesdays – 9:30am – 1:00pm – Sara

Wednesdays – 9:00am – 12:00pm – Kim

Thursdays – 9:30am – 11:30am – Angela

12:30pm – 3:30pm – Lori

Fridays – 10:00am – 12:00pm – Kim



Good Food Box

The Kitchen will be purchasing a Good Food Box in May. The box will be brought to the Clubhouse on Thursday May 17th at 1:30pm. Participants are invited to come down and look at what is in May's box and discuss how the contents might be prepared and used for Friday's lunch on May 18th.

This is an excellent opportunity to find out more information about the Good Food Box program and see if it may be of value to you. For more information talk to Lonnie.

The Good Food Box is a volunteer non-profit, produce buying cooperative for those people who are finding it difficult to stretch their food dollars to include fresh fruits and vegetables. Anyone can purchase a Good Food Box.

Pay \$12.00 by the second Thursday of the month and pick up your box the following Thursday. Your box will be available at the basement of the Catholic Church, 60 1st St, SE, Salmon Arm. Payment is made when you order your Good Food Box. Payment can be made at:

- Shuswap Family Resource and Referral Centre
9:00am – 5:00pm Monday to Thursday
181 Trans Canada Hwy, 832-2170
- Salmon Arm Senior Resource Centre
9:00am – 3:00pm Monday to Friday (Except in July and August 9:00am – 1:00pm)
320A-2nd Ave NE
For inquiries call: Joyce at 250-832-4127 or Marcia at 250-832-3534

The value of the box is close to double the value at a regular supermarket, depending on the store and the time of year. Every box contains the same items. If you don't like an item you can exchange it. The box includes a newsletter, which gives you preparation and food storage tips, recipes for more unusual items, and nutritional information.

Good Food Box (continued)

The low cost of the Good Food Box is made possible because of group buying. By pooling their money, Good Food Box participants can buy food wholesale and get better prices. Volunteer labour for sorting and packing also keeps the prices down. The selection of produce in the box changes according to the season, but basic items such as potatoes, carrots, and onions are always included. Items are chosen according to what is good quality, in season, and affordable at the time. The Good Food Box buys direct from farmers when possible. It works in cooperation – not competition – with local food producers and retailers.



1st ANNUAL CMHA MASTER TEAM CHEF COMPETITION Coming Soon

Participants and staff are invited to join the 1st Annual CMHA Master Team Chef competition. Watch for more details in the June Newsletter.

On the cooking day the team will be given a recipe, the ingredients and cooking instructions at 9:30am and will be expected to prepare and serve the meal at 12 noon,

The **CMHA Master Team Chef Winner will be announce** at a Friday BBQ and Birthday Cake Celebrations!

Newsletter

We are looking for your input about the newsletter. Please feel free to fill out your comments and drop them in the box by the Participant Services Office.

Would you like to receive the monthly newsletter by email? If yes, see Carol in Participant Services and we will be happy to email you a copy. Find a website copy on line shuswap-revelstoke.cmha.bc.ca



Sunday May 13th

CHECK OUT THE CALENDAR FOR THESE EVENTS

Art 101. Live Music/Artist Studio. We have had the pleasure of Stephanie bringing her guitar playing and singing as a wonderful addition to Thursday's art group. Come join us in art making and music, sing along, request a song, or bring your instrument down and join in the musical jam.

Art Quest. Drawing/Sketching. For the month of May we will be focusing on learning to draw. Nanika will lead you through some exercises to either hone your drawing skills or maybe open a whole new world of drawing for you if you are new at it. We will be using pencil, charcoal and pen. Come as you are, no art experience necessary.

Birthday Celebrations. May birthday celebrations take place on Friday the 25th. If your birthday falls in May you get a free piece of birthday cake, otherwise it's \$0.50.

Community Teaching Garden. Thursday mornings for the whole gardening season. Meet at Clubhouse at 10:00am to get a ride. Talk to Robyn about this exciting adventure to grow your own food!

Connections. Join us for a free dinner on Wednesday, May 16th. Our peer coordinators Sara & Lori will lead you through fun and games after dinner. Rides home available.

Drop-In. Tuesdays are drop-in nights. In May Clubhouse is open 4:00pm – 7:30pm on the 1st, 22nd and 29th. April's campfire trip was such a success and fun was had by all! We will be having another campfire trip on Tuesday, May 29. Cost is \$3.00. We will bring smokies and hot dogs. Sign up required. Please let Sanne know whether you will be driving so we can make sure there's enough room for everyone to enjoy the fun. Meet at Clubhouse at 3:30pm. Hope to see you there! Please note – there will be no Tuesday Drop-In scheduled in June!

Fabric and Yarn Fridays. The Quilts & Crafts group continues meeting on Friday afternoons. Come see what all we have to offer!

Gym & Swim. Note a new day: FRIDAYS. Meet at Clubhouse 1:45pm for a ride. If you don't have an access pass, please talk to Robyn.

Quote of the Day

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. Anonymous

Hiking. It is that time of year - two hikes are planned for May. The first hike is scheduled for Friday May 11th leaving clubhouse at 1:30pm to hike around the bird sanctuary. The Friday May 25th hike will explore the woods at Park Hill near Canoe Beach and will leave the clubhouse at 10:00am. Be sure to wear comfortable shoes and clothing as this hike is a little uphill challenge. Sign up will be required for the Park Hill hike – watch the bulletin board.

Journaling. Journaling continues on Friday mornings. This is an effective self-care tool that can profoundly improve both your physical and mental well-being.

Participant Funding Meeting. The next participant funding meeting is scheduled for 12:45pm Wednesday May 30th. Funding applications are available in a folder in front of the participant services office and are to be completed and returned with supporting information by Wednesday May 23rd. For more information talk to Angela or Carol.

Ride Don't Hide Training. Meet Robyn and the Tour de CMHA-team at 4th Ave on Saturday mornings, 10:30am – 11:30am, to start training for the Ride Don't Hide. For more information talk to Robyn.

Stretching. Get your Thursday started with some gentle stretching and mindfulness at 9:15am.

Women's Group. The next meeting will be held on Wednesday May 2nd at 1:30pm. All women are welcome!

Woodshop. Are you a seasoned woodshop person but don't have any tools or are you a beginner or somewhere in between? Come out to the Clubhouse Monday mornings – the woodshop is open from 10:30am to 12:00pm and Stewart is there to help!

Clubhouse Hours

Monday, Wednesday, Thursday
8:30am – 4:30pm.

Tuesday 8:30am – 1:00pm

Friday 8:30am – 3 pm.

Phone & Website

(250) 832 8477 shuswap-revelstoke.cmha.bc.ca



CELEBRATE, PROMOTE
AND ACKNOWLEDGE
YOUR MENTAL HEALTH

OVER 100
CUPCAKES TO
GIVE AWAY!
MONDAY MAY
7TH 11:30-1PM
ROSS ST. PLAZA

FREE EVENT

Music, Gratitude,
Meditation Station, Random
Acts of Kindness & Exercise
or Just Eat a Cupcake!



TO ALL THE CMHA STAFF FOR A GREAT

VOLUNTEER



LUNCH ... WE LOVED IT!

Coff

**TUESDAYS &
WEDNESDAYS
9:00 – 9:30AM
CLUBHOUSE**

Chance to talk about what's on your mind
Suggestions and ideas for the Activities
Find out what's happening in the Clubhouse
Occasional Guest Speakers



CAMPFIRE

**TUESDAY, MAY 29
Meet at Clubhouse – 3:30pm
Cost – \$3.00**

SIGN UP REQUIRED

We will bring smokies and hot dogs.
*Please let Sanne know whether you will be driving
so we can make sure there's enough room for
everyone.*



**Lovin' the
outdoors**

In celebration of Mental Health Week we will be checking out the wonderful creatures that visit the **bird sanctuary on Friday May 11th**. What better way to celebrate all the beautiful life that surround us. Meet at the Clubhouse at 1:30pm.

On May 25th we will be exploring the woods at Park Hill by Canoe Beach. Leaving the Clubhouse at 10:00am. Be sure to wear comfortable shoes and clothing as this is a little uphill challenge. The trees and nature will rejuvenate us, making this worthwhile. Watch the bulletin board for the sign up sheet.



Peer Support

by Christina

If you like hanging out and sharing experiences, Peer Mentoring might be just the thing for you. In the beginning, for an hour or so, we get together and chat about everything from personal interests to community affairs, always within a supportive and trusting atmosphere. Later, Peer Mentors are assigned to individual participants to foster specific interests, further encourage conversations and growth, and help combat isolation and loneliness. We introduce peers to Clubhouse activities as well as community services, and often establish friendships in the process.

If you think you might like taking on this rewarding challenge, contact Sara or Lori, our volunteer support coordinators, at Clubhouse (205 832-8477 Ext. 110).



MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
April 30 Walk - 9:15am Woodshop - 10:30am - 12:00pm Macaroni Casserole - 12:00pm Art Quest - 1:30pm	May 1 Coffee Talk - 9:00am Ground Sausage Meat and Cabbage - 12:00pm Clubhouse Closes 1:00pm Drop In - 4pm - 7pm Rides Home Available	2 Coffee Talk - 9:00am McKenny Burgers - 12:00pm Food Skills Group - 1:00pm - 4:00pm - Clubhouse Clubhouse Activities in Activity Room Women's' Group - 1:30 - 3:00pm - Activity Room	3 Stretching - 9:30am Community Garden - Meet at Clubhouse at 10:00am Peer Support Mentors Meeting - 10:30am Mandarin Chicken Salad - 12:00pm Art 101 - 1:30pm Live Music / Art Studio	4 Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Activity Room Brunch Surprise - 12:00pm Fabric and Yarn - 1:30pm Swim or Gym - Meet at Clubhouse at 1:45pm Clubhouse Closes at 3pm Fabulous Friday Sale at the Thrift Shoppe	5/6 Saturday Ride Don't Hide 10:30-11:30am Meet Robyn At 4th Ave
7	8	9	10	11	12/13
MENTAL HEALTH WEEK APRIL 7 - 13, 2018					
Wellness Bingo - 9:15am Woodshop - 10:30am - 12:00pm Surprise - 12:00pm Art Quest - 1:30pm	Coffee Talk - 9:00am Korean Beef and Rice - 12:00pm Clubhouse Closes 1:00pm	Coffee Talk - 9:00am Burgers at Ross Street Plaza - 11:45am - 1:00pm Food Skills Group - 1:00pm - 4:00pm - Clubhouse Clubhouse Activities in Activity Room	Stretching - 9:30am Community Garden - Meet at Clubhouse at 10:00am Peer Mentor's Meeting - 10:30am Borscht Soup and Bun - 12:00pm Art 101 - 1:30pm Live Music / Art Studio	Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Activity Room Pizza - 12:00pm Fabric and Yarn - 1:30pm Hike Bird Sanctuary - 1:30pm - Meet at the Clubhouse Swim or Gym - Meet at Clubhouse at 1:45pm Clubhouse Closes at 3pm Fabulous Friday Sale at the Thrift Shoppe	Saturday Ride Don't Hide 10:30-11:30am Meet Robyn At 4th Ave Happy Mother's Day Sunday May 13th
14 Walk - 9:15am Woodshop - 10:30am - 12:00pm Chicken Enchilada - 12:00pm Art Quest - 1:30pm	15 Coffee Talk - 9:00am Meatloaf - 12:00pm Clubhouse Closes 1:00pm	16 Coffee Talk - 9:00am PAC - 10:30am Smokies - 12:00pm Connections - 5:00pm Rides Home Available	17 Stretching - 9:30am Community Garden - Meet at Clubhouse at 10:00am Bean Salad and Cornbread - 12:00pm Art 101 - 1:30pm Live Music / Art Studio	18 Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Activity Room Good Food Box Lunch Surprise - 12:00pm Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm Fabulous Friday Sale at the Thrift Shoppe	19/20 Saturday Ride Don't Hide 10:30-11:30am Meet Robyn At 4th Ave
21 CMHA CLOSED VICTORIA DAY	22 Coffee Talk - 9:00am - Sloppy Joes - 12:00pm Clubhouse Closes 1:00pm Drop In - 4pm - 7pm Rides Home Available	23 Participant Funding Applications Due Coffee Talk - 9:00am Chicken Burgers - 12:00pm Food Skills Group - 1:00pm - 4:00pm - Clubhouse Clubhouse Activities in Activity Room	24 Stretching - 9:30am Community Garden - Meet at Clubhouse at 10:00am Broccoli and Cheese Soup and Bun - 12:00pm Art 101 - 1:30pm Live Music / Art Studio	25 TVP Timesheets Due (Friday / Saturday) Good News Fridays - 9:00am Hike - Exploring Hill Park by Canoe Beach - 10:00am - Sign Up Required Journaling - 10:30 - 11:00am Activity Room BBQ and Birthday Cake - 12:00pm Fabric and Yarn - 1:30pm Swim or Gym - Meet at Clubhouse at 1:45pm Clubhouse Closes at 3pm Fabulous Friday Sale at the Thrift Shoppe	26/27 Saturday Ride Don't Hide 10:30-11:30am Meet Robyn At 4th Ave
28 Walk - 9:15am Woodshop - 10:30am - 12:00pm Burritos - 12:00pm Art Quest - 1:30pm	29 Coffee Talk - 9:00am - Turkey Meatballs - 12:00pm Clubhouse Closes 1:00pm Drop In Campfire - Leave Clubhouse at 3:30pm Sign Up Required Rides Home Available	30 Coffee Talk - 9:00am BBQ Pork Chops - 12:00pm Participant Funding Meeting - 12:30 pm Food Skills Group - 1:00pm - 4:00pm - Clubhouse Clubhouse Activities in Activity Room	31 Stretching - 9:30am Community Garden - Meet at Clubhouse at 10:00am Chef Salad - 12:00pm Art 101 - 1:30pm Live Music / Art Studio	June 1 Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Activity Room Lunch - 12:00pm Fabric and Yarn - 1:30pm Swim or Gym - Meet at Clubhouse at 1:45pm Clubhouse Closes at 3pm Fabulous Friday Sale at the Thrift Shoppe	2/3 Saturday Ride Don't Hide 10:30-11:30am Meet Robyn At 4th Ave

Sudoku Answer

9	7	6	4	8	1	3	2	5
1	4	3	2	5	9	7	8	6
5	2	8	3	7	6	1	9	4
6	9	4	5	1	8	2	3	7
8	1	2	7	3	4	5	6	9
7	3	5	9	6	2	4	1	8
4	6	7	8	2	3	9	5	1
2	5	1	6	9	7	8	4	3
3	8	9	1	4	5	6	7	2



#GetLoud



about what mental health really is.

CMHA Mental Health Week
May 7-13, 2018